

**India hands over
Mumbai evidence
to Pakistan**

**Obama plan
includes \$300B
in tax cuts**

**Stocks, peso
start new year
with a bang**

**Bank helps
clients increase
their wealth**

RP envoy Down Under also a full-time student



By Laila B. Salazar

IF THE PHILIPPINE AMBASSADOR IN AUSTRALIA is also a full-time student, is he still fulfilling all of his duties?

BYRONIA AN

PHILIPPINE DAILY INQUIRER

BALANCED NEWS, FEARLESS VIEWS

Tuesday, January 6, 2009

5 sections / Vol. 34 / No. 28 P18

Website: www.inquirer.net



HUANAN TOWER Philippine Liza Almeda, 26, becomes an instant sensation upon his arrival on Monday in Manila. He stands 256 cm (8'4") and weighs 138 kilograms (307 pounds).



Gloria swims with dolphins

PRESIDENT Macapagal-Arroyo releases a dolphin earlier released by Subic Bay at the Misamis Occidental Aquapark.

BY JACQUES

By Ryan D. Rosales

Special Assistant

MANAGARAN, MISAMIS OCCIDENTAL—Briefly for an afternoon, President Macapagal-Arroyo seemed to prefer the company of dolphins.

Yesterday, away from busy media people, Ms. Arroyo spent about two hours on Dolphin Island near this coastal

community in snorkel and sea-bath and feed the fish.

She also took advantage of the occasion to visit Liberty Tree.

Measuring 1.5 meters in length, Liberty was one of two dolphins released last year by local fishermen, who found the two marine creatures in the shallow waters of Egan Bay and Pangasinan Bay.

(GMA NEWS) A-1

Release order passed usec

Blancaflor says paper forwarded to Gonzalez

By Norman Borja

JUSTICE UNDERSECRETARY RICARDO BLANCAFLOR yesterday admitted that the draft order for the release of the so-called "Akhang Boys" passed his office before it was sent to Justice Secretary Raul Gonzalez for his approval and signature before the Christmas break.

The paper is what Blancaflor was referring to when he said yesterday in the Department of Justice (DOJ) had tried to make him sign a draft order to release drug suspects Richard Broderick, Jorge Joseph and Joseph Tison in time for the holidays.

Sources at the justice department point to one of Blancaflor's secretaries—Jesse Puyos—as the one who brought the draft release order to Blancaflor's office just before the lengthy Christmas break.

Blancaflor saw nothing

wrong with his office transmitting the draft release order for Gonzalez's signature.

"Because I was not aware, I always instruct my staff that whatever document passes through here to give it to the Office of the Secretary or the staff in charge," he said at a news conference.

Blancaflor said he didn't even see the paper. "I normally as that paper was not within our office, I had intense clash with the prosecutor involved and I sent it to the Office of the Secretary," he said.

MANILA: AN

Israel pounds Gaza amid int'l peace effort



GAZA CITY, GAZA STRIP—At least seven children and six other civilians were killed on Monday as Israeli forces stepped up its breeding offensive against Palestinian militants in the face of intensified diplomatic efforts to broker a ceasefire.

At houses, mosques and tunnels on the Gaza Strip came under heavy shelling from the air, land and sea, Israeli Defense Minister Ehud Barak said the offensive would continue until it achieved its objective—"peace and tranquility" for residents of southern Israel who continued to be bombarded by rocket and mortar fire from Hamas militants.

A stream of diplomats and world leaders hoping to end the violence headed for the region to meet with Israeli leaders as world outrage mounted over rising Palestinian casualties in the 10-day-old conflict.

Gaza health officials reported 324 dead and nearly

100,000 injured.

TEL AVIV: AP



ISRAELI soldiers carry the coffin of their fallen comrade, Dr. Elmadfa, at Plesher Harel military cemetery in Jerusalem on Sunday.

AP/WIDE

DFA says only 6 Filipinos have opted to leave Gaza

ONLY SIX OF THE SCORES OF Filipinos who had earlier agreed to return home because of fighting in the Gaza Strip have decided to repatriate, but security considerations prevented their leaving the area yesterday, officials said.

Foreign Undersecretary Eulene Campos Jr. said a family of five and a man were able to join a Red Cross convoy heading for the Gaza border crossing upon advice of security officials.

MANILA: GMA-7

'3M pizza' triggered talk of P50-M payoff?

By Jeanette I. Andrade

A SUGGESTION FOR THE "Akhang Boys" to meet their captors to "3M pizza" may have triggered allegations of a P50-million payoff for their liberty.

Huanan before Richard Broderick, Jorge Joseph, and Joseph Tison were to face the longest trial, one of the two

allegedly said "Palatine meeting before 3M pizza," lawyer Roberto Verso Jr. said yesterday at the National Bureau of Investigation.

"This was reportedly said to Broderick, Joseph, and Tison," said Verso, counsel of Broderick and Tison.

"It would have been agreed except that it involved the agents

MANILA: AN

Golf war: Dela Pazes, Pangandamans sue each other



HANSER Pangandaman Jr., mayor of Manila, Liza del Pan, and his brother Hanser, take their seats as they file countercharges against the Dela Paze family.

MANILA: GMA-7



DELIN del Pan, 56, shows copy of criminal complaint he filed against the sons of DAP Secretary Mayor Pangandaman. He is flanked by daughter Bambas, 18, and son, Bro, 14.

MANILA: GMA-7

By DJ Yap and Erika Souler

THE CHARGE FILED YESTERDAY in the Ateneo prosecutor's office: the prosecution that golf is a vulgar game of privileged folks and greedy people, at least in the Philippines setting.

It is obviously not for the faintest of heart and is infinitely more violent than any contact sport.

The aftermath on that fateful day after Christmas at the Valley Golf and Country Club to the rolling hills of Ateneo were golf balls as flying missiles. Balls, baseball bats, guns, a knife and an ax, according to the complainants.

On one side were businessmen

PGH rescue unit for kids needs help fast

By Edwin C. Tambor Jr.

UP UNTIL LAST MONTH, 5-YEAR-OLD Beny Joy Delapangan had endured ridicule from other children in the neighborhood. Two ashamed to go out, she grappled with the question: Why did I look so different?

Today, the girl beams with an adolescent smile as she finally finds the world and makes it her own big playground, thanks to generous donors and the love of

MANILA: GMA-7

Case vs Marquez dismissed

Dr. Jonathan M. Oly

FORMER PARASOCRE MAYOR JOHN Marquet is off the hook in the case of an allegedly anomalous textbook purchase worth \$5.4 million in 1998.

The transportation-based coefficient applies to vehicles to (1) the immediate parking for the graft and (2) in connection with the in-state purchase, unlike in an off-graft case when he was convicted in 2007 for carrying firearms and sentenced to the minimum 50 years in prison. The law says to make sure

In discussing the latest charges against Marston and two other former city officials, the watchdog group's Third Division said the complainant and prosecution attorneys Elizabeth Gorman was merely using the Healthcare and Accountability as collective excuse.

The other respondents were former employees based in the Islands. They were not subject to any specific national legislation and were not subject to national law.

Antibiotic is large and the concept reduced the sales against low antibiotic "sales" project" which is needed in our country.

State governments across Maryland and the three others, of including Ontario to deliver antibiotics worth \$1.422.281.91 to the City School Board by making it appear the medicine was regular and proper.

The prosecution claimed there was no appropriation for the purchase of the books.

But the court found otherwise. It said that the students, who included Wendell Smith, then city school board secretary, who testified that only colored graduates were duly prepared for the purchase of the textbooks at no discount and high school principals in the city had asked for them.

"Both the prosecution and defense admitted the existence, due execution and validity of the board resolution, that it is undisputed that the purchase of the two books was illegal," the court said.

In the dissent to evidence Master Blod, he argued that Cameron was not the injured party and that she was not authorized to sue to collect payment for the books from the city government.

By giving weight to Marston's position in the airline chain, the court cited *Coverman* to stress that the real paid agents need a certain *Adm.* 980,800, which represents, in the *Coverman* context,

The scheduled for the concert she planned to provide the amount it can now withhold the money to the City government.

"Having failed to recover the amount advanced, she filed a complaint against the agent with the Ombudsman in an attempt to recover the said amount," the court said.

The Beacon School



SCHOLARSHIP ANNOUNCEMENT
School Year 2009-2010

The Beacon School is offering two (2) full tuition scholarships, the money is made via the 2009-2010 school year.

The Bowen School is authorized to offer the International Baccalaureate Primary Years Programme (PYP) for children ages 3-5, the IB Primary Years Programme (MYP) for Grades 6 to 8, and the IB Diploma Programme (DP) for Grades 9 to 12. The IB curriculum focuses upon the total growth of the developing child in addressing social, physical, emotional and cultural needs, in addition to academic skills.

Applications, including a letter of application, a brief resume of the child's achievements, and the latest school records, should be sent to an envelope marked "Scholarship Application" to the HRA/MARTIN, The Beacon School, PCPD Building, 2332 China Beach Avenue, Encinitas, Tustin. Additional information about The Beacon School Scholarships may be found online at www.beaconschool.org.

Application deadline:
Friday, January 9, 2009



Most Complete Line of Cleaning Equipment



Jetstar.com 611 281 5100 (9AM - 5PM AEST)
© 2011 Jetstar Airways Pty Ltd. All rights reserved. Jetstar Airways Pty Ltd is a subsidiary of Qantas Airways Limited. Jetstar Airways Pty Ltd is a member of the Qantas Group. Jetstar Airways Pty Ltd is a member of the Qantas Group. Jetstar Airways Pty Ltd is a member of the Qantas Group.

WORLD CLASS SLIMMING. FITNESS. FACE AND SKIN BY

SLIMMERS 3 WORLD

FREE!!!

- ✓ NO MONTHLY DUES OR LIFETIME MEMBERSHIP
- ✓ NO JOINING FEES
- ✓ CREDIT CARD OPTIONS AT OUR DISCRETION
- ✓ MEDICAL SUPERVISION AT ALL CENTERS

PLUS! PERSONAL TRAINING & ON-THE-JOB COACHING



“HOW I LOST 20 LBS. AND GAINED A

BKLYN BODY!

CYR POWER Training plus **SHIMMERS** is the Ultimate in **FITNESS, FAT & CELLULITE** LOSS! It's the way that **Amanda Nicotri** (Peta) lost 30 lbs. Under Medical Supervision to join the **Marathon Health** 30 Day Body Contest.

**BUY 15 TREATMENTS
GET 15 FREE!**

СРЕДСТВО ДЛЯ АНТИКОРРОЗИОННОЙ ЗАЩИТЫ
ПОДЪЕЗДОВ, ГАРАЖЕЙ, ДОРОЖНЫХ ПОКРЫТИЙ, АСФАЛТА, БЕТОНА,
КАМЕННЫХ И МЕТАЛЛИЧЕСКИХ ПОВЕРХНОСТЕЙ, ПОДЪЕМНИКОВ,
ПОДЪЕМНЫХ МЕХАНИЗМОВ, ТРАКТОРОВ, АВТОМОБИЛЕЙ,
МОТОЦИКЛОВ, КАТЕРА И Т.Д.



Great Bodies, Great Skin.

CALL OUR ONE - STOP SUPER CENTERS FOR FITNESS, SKIN, BODY AND FACE

FITNESS HOTLINE: 536-3333
SKIN HOTLINE: 525-8771
MOBILE NUMBER: 001- SLIMMERS

[illegible]

India hands over Mumbai evidence to Pakistan

NEW DELHI—INDIAN CONSPIRACIES landed new evidence on the Mumbai attacks to Pakistan on Monday, saying it requested a prompt investigation in New Delhi in a diplomatic package to nuclear-armed Pakistan.

India has blamed Pakistan militants for the November attacks that killed 177 people. The rampage through India's financial hub has renewed tensions between the neighbors that have fought three wars since 1947.

"The material is linked to elements in Pakistan," the foreign ministry said in a statement. "It is our expectation that the Government of Pakistan will promptly undertake further investigations in Pakistan and share the results with us in order to bring the perpetrators to justice."

This is the first time India has handed over evidence regarding the Mumbai attacks to Pakistan.

The evidence presented to Pakistan included a confession

from the son of a senior government official of communications links with "elements in Pakistan," and data retrieved from GPS and satellite phones, the ministry said.

"It is our duty, my duty to consider the dossier carefully, as demanded it and be truthful to myself, to my country and the neighborhood," Pakistan Foreign Minister Shah Mehmood Qureshi said.

While a similar attack on the city parliament in 2001 nearly

sparked a war after a massive bombing of hotels on their beach, this time New Delhi has focused on diplomatic measures, especially winning support from the United States.

On Monday, US Assistant Secretary of State Richard Braddock was in Islamabad for meetings with government leaders on various issues, including the Mumbai attacks, a US Embassy spokesman said. India says that so far it has not been satisfied by Pakistan's

response. New Delhi wants to limit itself to demands that it view its terrorist training camps as its territory and surrender its suspects.

Pakistan says it will act if India provides proof, although many Indian experts believe India will do the very minimum needed to find all international suspects.

Home Minister Palaniappan Chidambaram said on Monday that Mumbai attacks pointed to the involvement of "two ac-

tors" in Pakistan, hinting at a role for Pakistan's military spy agency, the ISI.

Qureshi said on Monday that Chidambaram's statement was "speculation." Security elements within Pakistan like the ISI may want to provide evidence with India as an excuse to move troops from its western border with Afghanistan where troops are battling an unpopular and costly war against Taliban militants, analysts say. Reuters

Richardson withdraws nomination

CHICAGO—EX-PRESIDENT BILLY RICHARDSON withdrew his bid for a seventh term on Monday when New Mexico Gov. Bill Richardson withdrew his nomination for governor's secretary in the face of a legal inquiry.

Richardson, a former Democratic presidential candidate and one of the country's most prominent Hispanic politicians, became the first candidate among Obama's Cabinet picks 10 days before the new administration takes office.

Obama, who was headed to Washington on Monday to begin the final week ahead of the Jan. 20 inauguration, said in a statement that he accepted Richardson's withdrawal with "deep regret."

Richardson cleared any wrongdoing in connection with the probe of a California-based financial company that had done business with the New Mexico state government.

But he said an investigation lasting possibly weeks or even months "would have caused an untenable delay in the transition process."

Richardson had been expected to win easy confirmation in the Democratic-controlled Senate, which will begin voting Obama's Cabinet picks this month. Reuters



MIGHT AS WELL BE CALLED GOLD TUNA.

Despite the recession, this 120-kg Blu-ray disc was auctioned at Tokyo's Nipponbashi market for 9.4 million yen (\$144,340) on the first day trading of the year on Jan. 5.

Africa hails Ghana polls as a democratic success

ACCRA—GHANA'S UNUSUAL peaceful and credible presidential election was a rare example of a blossoming democracy in Africa and should be a model for the continent, African leaders, voters and diplomats said on Monday.

Much attention in Africa and elsewhere was focused on the Ghanaian vote after a year of political crises, many of them violent, ravaged Africa's democratic credentials.

Opposition candidate John Mahama congratulated the winner on Saturday after the close-fought election in the gold and cocoa-exporting state ended by a vote of 1.

"John Mahama's victory and

the conduct of the people of Ghana provide a rare example of democracy at work in Africa," Kenya Prime Minister Mwai Kibaki said in a statement.

While some voters were reported, international observers say the vote was mostly peaceful, in contrast with many other African countries, where democracy was faltering in 2008.

More than 1,800 people were killed in post-election violence in Kenya last year and in 2007 before President Uhuru Kenyatta and opposition leader Shauri Moyo (Swahili) have been discredited for months over a power-sharing agreement after disputed elections. Reuters

Blu-ray format struggles with uncertain prospects

NEW YORK—AS THE CONSUMER Electronics Show opens on Wednesday, many eyes will be on the big, which for the first time has the force largely to itself as the best opponent to the DVD.

Over the last decade, DVD players and discs have generated tens of billions of dollars for Hollywood and the consumer electronics industry, as the pressure for a Blu-ray successor has grown.

Blu-ray's biggest discounting and the current decline in electronics prices over time have pushed prices for some Blu-ray players under \$200, a drop of well more than half in the last few years—and into the realm of affordability for many. At the same

time, Blu-ray's features, including 1080p and the Web (streaming), face a growing demand for digital video that the DVD's low-resolution format may be closing fast.

One reason is that fans of all kinds may become excited as a new wave of digital media services comes from the living room. On Monday, for

example, the Internet television maker TiVo Electronic plans to announce a new line of high-definition televisions that connect directly to the Internet with its set-top box. Inexpensive. The televisions will be able to play movies and television shows from online video-on-demand services, including Netflix. NYT

FIRST
SECOND
THIRD
FORT

JMDC Bldg, Armerston St., Makati City

JMT Condominiums Ortigas Ave., Pasig City

Chaffin House Bldg, Valero con. Bulwer St., Makati City

888 Plaza, Two World Square, 22 Upper McKinley Road, McKinley Hill, Fort Bonifacio, Taguig City

DDB

DDB GROUP's latest move is to the hottest place in town. See you in our sparkling new office.

IN THIS ISSUE

- Landbank urges CA to halt trading of Merakco shares/83
- Gov't paid P500.88 worth of debt in Jan.-Nov. 08/84

Editor: **Rafael G. Mariano** | Associate Editor: **Corrie S. Mariano**

BUSINESS

Business Desk Fax: (02) 886 00 00 | E-mail: businessdesk@inquirer.com.ph
 Website: www.inquirer.com.ph/business

EXTRA! MULTIMEDIA PROGRAM

Download the Inquirer Business Extra! Multimedia Program from our website: www.inquirer.com.ph/business

EXTRA! MULTIMEDIA PROGRAM

Download the Inquirer Business Extra! Multimedia Program from our website: www.inquirer.com.ph/business

Stocks, peso start new year with a bang

PSEi surges 5.53% as local currency gains 7.6% to 47.16:\$1



THE PHILIPPINE STOCK EXCHANGE, INC.

ALFONSO is a member of the board of directors of the Philippine Stock Exchange, rings the opening bell for the first trading day of 2009 in Manila's financial district on Jan. 5, 2009. Philippine stock prices opened 2.8 percent higher, reaching more than 1,000 points after a strong Christmas holiday, driven up. The composite index rose up 1,628 points to 1,727.26.

By Elizabeth Sanchez-Lacson and Doris C. Danila

LOCAL FINANCIAL MARKETS OPENED THE FIRST TRADING DAY OF 2009 with a bang as investors returned from a long holiday break with pent-up energy and fresh optimism inspired by upbeat Wall Street trading.

The peso yesterday rallied by about 7.6 percent to close at a three-month high of 47.16 against the US dollar while the Philippine Stock Exchange Index (PSEi) surged by 5.53 percent to a month-high 1,727.26.

Boosted by overseas Filipino remittances that accumulated during the long Christmas break, the peso is now heading toward the 50:1 mark against the greenback while the PSEi would likely rise 2,000 points, Manila-based Citibank strategist Jonathan Bueckel said.

Karelina said the very financial markets were likewise supported by a month-improved inflation outlook this year.

Manila, Agor, senior vice president in Global Commercial Bank, said the peso's rise was part of a region-wide, short-term correction of the dollar's rapid strengthening against global currencies.

Agor added that the expected fall in interest rates on the central bank's side will lower the local economy given a major global downturn—would be good for stocks but

bad for the peso since the long run is an uncertainly likely to push for higher yields. With a relatively thin volume of \$400 million, Agor said that the peso would likely be around 47 to 48 in the long run, then head toward 47.50 and then 47.80 against the greenback.

"This (rally) is not yet decisive because the offshore (bonding) participants are not here yet," he said.

The local currency ended 2008 at 47.50 or about 12 percent weaker than in the previous year, starting the 10 percent gain in 2007 when it was Asia's best performing currency.

The local bond, on the other hand, presently posted the biggest increase in its main-state index to more than a month or more since Jan. 25 when it rose by 0.43 percent to 906.46 points.

"We are watching Wall Street's advance Friday and the rest of the holiday gains,"

Asian stock markets rise on US rally, stimulus plan

HONG KONG—ASIAN STOCK MARKETS rose strongly yesterday, with Hang Seng's rally and Athens plan in the United States and elsewhere helped investor hopes for US recovery.

In a three-hour half-day session, Nikkei 225 index average gained 181.16 points, or 2.1 percent, to 8,600.12, its first finish above the 8,000-point line since Jan. 18. Hong Kong's Hang Seng climbed 1.3 percent to 15,204.67, though was trading well off its 15,000-point.

In mainland China, Shanghai's big index gained 2.3 percent to 1,608.34. Taiwan and Thailand's benchmark index rose more than 2 percent, with stock markets in India, Singapore and South Korea higher as well.

The upbeat mood came after global markets rose to the new year with a strong advance despite news about economic news, including

evidence that manufacturing in the US, Europe and China were recovering amid the downturn.

While increasingly optimistic that markets can only up from this year after the stimulus plan of 2008, many investors are still looking for a difficult first half, when company earnings and economic data could prove especially bleak.

"We can still trading more on recovery than fundamentals," said Dennis Kozminski, chief investment strategist for GTC Securities in Hong Kong. "The strong positive closing yesterday had to have an impact on the market."

The market was the year's first for a number of Asian countries, including Japan, where markets were still down Friday, and volatility was higher across the region as traders waited for the holiday. Rising commodity prices lifted energy and metal producers, and Japanese shares got a boost from a weakening yen, which helps the country's exporters.

In its financial index address, Chinese analyst Citigroup to note quickly on an economic recovery plan, which aims to create 3 million

jobs. Congressional aides linked to the stimulus say it probably would include tax cuts of \$200 to \$1,000 for middle-class individuals and corporate income tax cuts.

"Treatment also got a boost from Wall Street's gains on Friday, when the Dow Jones industrial average posted nearly 2 percent, closing above 9,000 for the first time in two months as investors digested off a weaker-than-expected report on manufacturing."

Credit oil prices rose in Asia, with light, sweet crude for February delivery up 86 cents to \$47.20. The contract settled last week to settle Friday at \$46.34, up \$2.74, and ending volatility in Asia and expectations of Opec production cuts.

In currency, the dollar rose to 92.02, up 0.05 from 91.97, and the euro closed at \$1.3677, down from \$1.3708.

RP firms see 'pockets of hope'

By Rosalyn W. Domingo

LOCAL, PROPERTY FIELD BUSINESSES have become more optimistic overall, but the Philippine business scene's outlook is "pockets of hope" at a time of global economic downturn, according to Citigroup's Manila-based research.

Initial findings of Citigroup's International Business Report 2009 showed that local business leaders' optimism on the country's economy dipped for the first time in six years since Philippine independence ended during the 1940s.

The latest IBR covered at least 70,000 businesses in 24 countries and included input from the Asia Pacific, the Americas, Europe, Middle East and Africa.

Philippines' IBR, which is the last member firm, said confidence among RP firms in the last 12 months, pushing the IBR optimism (confidence) measure to a record negative balance of -36 percent from +48 percent this time last year.

The figure refers to the percentage balance of companies who are optimistic about their own future prospects, with a high of 100 percent, down to -100 percent and a lowest of -148 percent.



Source: market data on Jan. 5, 2009

RP to import goods, shoop

THE COUNTRY PLANS TO IMPORT 2009 goods worth more than 1,000,000 pesos and shoop from abroad to help improve the quality of the local product base, according to Philippine Trade Commission.

The statement, issued last week by the Philippine Trade Commission, said that the country will import 2009 goods worth more than 1,000,000 pesos and shoop from abroad to help improve the quality of the local product base, according to Philippine Trade Commission.

According to Smith, 1,000,000 pesos (just over \$20 million) will be used to import 2009 goods worth more than 1,000,000 pesos and shoop from abroad to help improve the quality of the local product base, according to Philippine Trade Commission.

According to Smith, 1,000,000 pesos (just over \$20 million) will be used to import 2009 goods worth more than 1,000,000 pesos and shoop from abroad to help improve the quality of the local product base, according to Philippine Trade Commission.

Jobless completes share purchase

ALLING FOODS GROUP INC. (SSE: 000000) has completed the purchase of 100,000 shares of the company's common stock for P11.7 million.

In a disclosure, Alling said the acquisition of the common stock was completed following a tender offer by the company to Alling Food Group Inc. (SSE: 000000).

Consistent with the terms of the tender offer, Alling Food Group Inc. (SSE: 000000) has completed the purchase of 100,000 shares of the company's common stock for P11.7 million.

The tender offer was completed on Jan. 2, 2009, and the company has completed the purchase of 100,000 shares of the company's common stock for P11.7 million.

\$1-B food project starts in Davao del Norte

San Miguel, Kuok group of Malaysia ready first phase of 'Feeding the Future' venture

By Amy R. Ramo

THE \$1-BILLION FOOD SECURITY program of Philippine business and food conglomerates San Miguel Corp. and Malaysia's Kuok Group will start its first phase in Davao del Norte within the first half of this year, with 10,000 farmers of targeted areas have been initially identified for upland-livestock development.

The project aims to help farmers and the non-urban population in the region, which will cover four of the country's provinces, in part of the commitment of \$400 million to help in the development of the region, which will cover the implementation of the project, said this would be the first phase of the multi-year venture called "Feeding the Future."

"The launching is to have the first phase, which will cover four of the country's provinces, in part of the commitment of \$400 million to help in the development of the region, which will cover the implementation of the project, said this would be the first phase of the multi-year venture called "Feeding the Future."

At the ceremony, which was held at the San Miguel Davao del Norte office, the two companies announced the start of the project, which will cover four of the country's provinces, in part of the commitment of \$400 million to help in the development of the region, which will cover the implementation of the project, said this would be the first phase of the multi-year venture called "Feeding the Future."



will jointly fund and develop the project to be placed under the San Miguel and Kuok Group. The project also covers upland-livestock and upland-livestock.

San Miguel and Kuok Group will manage the project, which will cover four of the country's provinces, in part of the commitment of \$400 million to help in the development of the region, which will cover the implementation of the project, said this would be the first phase of the multi-year venture called "Feeding the Future."

At the ceremony, which was held at the San Miguel Davao del Norte office, the two companies announced the start of the project, which will cover four of the country's provinces, in part of the commitment of \$400 million to help in the development of the region, which will cover the implementation of the project, said this would be the first phase of the multi-year venture called "Feeding the Future."

The project aims to help farmers and the non-urban population in the region, which will cover four of the country's provinces, in part of the commitment of \$400 million to help in the development of the region, which will cover the implementation of the project, said this would be the first phase of the multi-year venture called "Feeding the Future."

At the ceremony, which was held at the San Miguel Davao del Norte office, the two companies announced the start of the project, which will cover four of the country's provinces, in part of the commitment of \$400 million to help in the development of the region, which will cover the implementation of the project, said this would be the first phase of the multi-year venture called "Feeding the Future."

will jointly fund and develop the project to be placed under the San Miguel and Kuok Group. The project also covers upland-livestock and upland-livestock.

San Miguel and Kuok Group will manage the project, which will cover four of the country's provinces, in part of the commitment of \$400 million to help in the development of the region, which will cover the implementation of the project, said this would be the first phase of the multi-year venture called "Feeding the Future."

At the ceremony, which was held at the San Miguel Davao del Norte office, the two companies announced the start of the project, which will cover four of the country's provinces, in part of the commitment of \$400 million to help in the development of the region, which will cover the implementation of the project, said this would be the first phase of the multi-year venture called "Feeding the Future."

The project aims to help farmers and the non-urban population in the region, which will cover four of the country's provinces, in part of the commitment of \$400 million to help in the development of the region, which will cover the implementation of the project, said this would be the first phase of the multi-year venture called "Feeding the Future."

At the ceremony, which was held at the San Miguel Davao del Norte office, the two companies announced the start of the project, which will cover four of the country's provinces, in part of the commitment of \$400 million to help in the development of the region, which will cover the implementation of the project, said this would be the first phase of the multi-year venture called "Feeding the Future."

LIFESTYLE *Wellness*
Editor Thelma Simon San Juan

Mobile: 0800 100 0000 or 01203 300 000 or 01203 300 000
Fax: 01203 300 000 or 01203 300 000

Shakey's **New!** **Pizza Bianca**

Shakey's® White Sauce, Pepperoni and Italian Sausage. Cheese, Tomato Sauce, Mozzarella. In other restaurants, this pizza may be called "White Pizza" or "White Sauce Pizza". Not your usual pizza.

DELIVERY HOTLINE 77-777 If it's late, it's FREE

Setting your monthly fitness budget

By Mitchell J. Rieple
Contributor

AREN'T THERE LACK OF TIME, WHETHER common reason for not associating a lack of money to pay for gym membership and the like, the fitness is not only for those who can afford it—you can definitely enjoy it for free.

At the start of the year, plan how much time you will devote to work, leaving yourself and health. Then check your budget. How much should be allowed for food, transportation, bills, recreation, clothes and well-being?

If you are just starting to exercise and are still unsure if it's really just money that will lose something, keep in mind that you can have the long-term benefits of physical activities only if you do your exercise correctly.

Monthly budgetary review

Walking: Walking is a low-impact activity, and you can do it anywhere. If you do it at least 30 minutes a day, you can maintain your weight, and if you try to maintain a moderate intensity continuously for at least 30 minutes, you can improve your endurance. Increase the duration to one hour a day and expect to lose weight at 1-2 lb a week, provided you maintain or gradually improve your diet intake.

Body weight exercises: Increase in skeletal muscle mass, in turn, your strength and speed up your metabolism with just a few of an exercise mat. The routine *Groenches*, jumps, push-ups can be completed in 15-30 minutes. A full-body workout twice a week will tone and strengthen your body.

Monthly budgets P 120-P 1,808

Exercise videos: If you can buy a DVD weekly, you probably can afford a budget for one to two more class videos monthly if you cannot commit to attend regular group classes, perhaps if

© 2004 Pearson Education, Inc. All rights reserved. www.pearsoned.com

mean beneficial response at home during post-test concurrent time. Benefits in (i)decreased sedentary, strength, flexibility, body shape and balance. Change in stress index was only marginally significant.

If you are not satisfied with using your body weight as resistance, buy a pair of dumbbells, which is less than \$400, and an exercise ball you can use for exercise variety, for about \$400. You can get a complete workout with these pieces of exercise equipment.

Outdoor running: You just need to know is a good pair of running shoes, from £1,000 to as high as £6,000. The activity can be done around villages or even outside trails. If you want to be a serious runner, join a race at least once a month. Registration fee costs £100-£500, depending on the organizers, location and event.

Monthly budget: P1,000-P2,000

Choose cheaper gym memberships could also reward your area if your purpose is just to complete your weekly routine and



For an energetic burn

5155—www.pittsburghlive.com

and exercise machines such as the treadmill and stationary bike. Usually, such places do not offer group exercise classes, but there are available fitness trainers to guide and design an exercise program for you.

www.mindgarden.com

SLIM 'N WHITE

REAL PRODUCT FOR REAL RESULTS
HEALTHY & BEAUTIFUL SKIN

• SKIN WHITENING
• FIGHTS BROWN SPOTS
• PREVENTS ACNE
• ANTI-AGING
• ANTI-REDNESS
• ANTI-ITCHING
• ANTI-ALLERGY
• ANTI-IRRITATION
• ANTI-SENSITIVITY

For more information, visit us at
www.kkbonded.com



SLIM 'N WHITE

KKBonded

A photograph of four female athletes, members of the U.S. Women's National Team, posing together and holding their Olympic medals. They are wearing blue tracksuits with white accents. The athlete in the center is holding a gold medal, while the others are holding silver medals. They are all smiling and looking towards the camera.

My love affair with powerlifting

By **Billy Gans**
Contributor

IT WAS DEC. 4, DARE THOMPSON was singing, and I was already on my way to

As I wanted to board the plane to Hong Kong, in between excitement and anxiety my mind wandered off to my bags, the new shoes that are open to a few weeks' time, the new designer's collection, the photo shoot and a million other things. On top of that, I kept visualizing the right time to make a second bid.

My first international competition was seven years ago, when the country hosted the Asian Beach Games Championships. I was the newest member of the Philippine team and yet I was brave enough to join the Asian competition. I had recently won a medal from a local competition and when asked if I wanted to join, I grabbed the chance.

Why not? There is something fulfilling in

Get a flat, firm belly. Get a healthier body.
Get a better-looking appearance.

For post-holiday guys, a taut belly should be against the list. Get back in shape with Ultrasnap. It's the first non-surgical fat-melting treatment that stimulates trapped body fat, removes fat cells and helps burn fat. Amazingly, it sheds 2cm off your waist in just one session. No workouts. No crash diets. No downtime. You get a faster, slimmer tummy in no time!

Lose that beer belly for good
Get now for a FREE private consultation

Call 813-7959

FOR MEN
monte france 13-15-2019

[illegible]

Note the coffee cup, enjoy free coffee

By Bianca Comerio
Contributor

THE HOLIDAYS OFFER us more stress than cheer. To help people forget their holiday-induced stress, Starbucks recently came up with an innovative marketing gimmick for its limited-edition red cup coffee.

For several days in December, come with a Starbucks cup stuck on to not make it very social different parts of the city.

This aim was to get people to notice the cups and also use the good to the supposedly highest pay-off. If anyone picks up the cup, they would get a Chase Pass from Starbucks, enabling them to a free cup of double-pump coffee.

Because we were along on our coffee run through the Origan area, where the Starbucks can pass through double pump coffee, we were able to get a Chase Pass from Starbucks, enabling them to a free cup of double-pump coffee.

The way proved to be more than a cure



ARTIST DRIVER gestures frantically to the take up to coffee.

SECURITY guards always helpfully point out the cups.



HELPFUL point out the cups.

marketing gimmick—it was also a social experiment of sorts. While a lot of people came up to the cup to pick it up, the Starbucks employee, however, never chose to ignore the cup or just take it.

The reason, the Starbucks employee said, was that the Starbucks employee was not supposed to take the cup to the Starbucks employee, but to the Starbucks employee, the Starbucks employee was not supposed to take the cup to the Starbucks employee.

And Starbucks' employee was not supposed to take the cup to the Starbucks employee, but to the Starbucks employee, the Starbucks employee was not supposed to take the cup to the Starbucks employee.

Starbucks gave us more of the Chase Pass while driving along the back roads, and the Starbucks employee in several cases such as malls and offices. (It was at the car drive way slowly along the back roads, and the Starbucks employee in several cases such as malls and offices.)

Starbucks gave us more of the Chase Pass while driving along the back roads, and the Starbucks employee in several cases such as malls and offices.

Setting your monthly fitness budget

By Bianca Comerio
Contributor

Monthly budget: P1,000-P5,000

A complete health club membership.

Health clubs charge more than they give. But if you're serious about fitness, a health club membership is a great investment. It gives you access to a variety of fitness facilities and equipment, and it's a great place to meet like-minded people.

But if you're serious about fitness, a health club membership is a great investment. It gives you access to a variety of fitness facilities and equipment, and it's a great place to meet like-minded people.

But if you're serious about fitness, a health club membership is a great investment. It gives you access to a variety of fitness facilities and equipment, and it's a great place to meet like-minded people.

cheaper than a health club. For not more than P5,000 a month, you can use the gym, do yoga, and have a trainer at the gym.

Monthly budget: P1,000-P10,000+

Personal training.

Do you really need a personal trainer? Yes, if you have an idea about proper technique and find it hard to commit to exercise by doing it on your own. The average cost of personal training is P1,000 per hour. If you do it twice a week, you can spend about P7,000 a month. A personal trainer can help you set realistic goals and keep you motivated.

Yoga and Pilates: (If you're looking for a more relaxing workout, you can try yoga or Pilates. These are great for improving flexibility and core strength.)

improve your flexibility, and reduce your risk of injury. You can find many online resources for yoga and Pilates.

There are many online resources for yoga and Pilates. You can find many online resources for yoga and Pilates.

There are many online resources for yoga and Pilates. You can find many online resources for yoga and Pilates.

There are many online resources for yoga and Pilates. You can find many online resources for yoga and Pilates.

There are many online resources for yoga and Pilates. You can find many online resources for yoga and Pilates.

There are many online resources for yoga and Pilates. You can find many online resources for yoga and Pilates.

There are many online resources for yoga and Pilates. You can find many online resources for yoga and Pilates.

New soya milk drinks in vanilla and chocolate

CHERRY FOOD PHILIPPINES

has recently launched soya milk drinks in chocolate and vanilla.

Cherry Food Philippines has recently launched soya milk drinks in chocolate and vanilla.

Cherry Food Philippines has recently launched soya milk drinks in chocolate and vanilla.

Cherry Food Philippines has recently launched soya milk drinks in chocolate and vanilla.

Cherry Food Philippines has recently launched soya milk drinks in chocolate and vanilla.



New tennis racquet for top-level players

PRINCE PRESENTS THE

new Prince 16 tennis racquet

that provides control and precise string re-tensioning.

Prince developed this new product with their Quantum Technology.

A play test pitting 16 tennis racquet against 16 tennis racquet.

A play test pitting 16 tennis racquet against 16 tennis racquet.

A play test pitting 16 tennis racquet against 16 tennis racquet.

A play test pitting 16 tennis racquet against 16 tennis racquet.

A play test pitting 16 tennis racquet against 16 tennis racquet.

A play test pitting 16 tennis racquet against 16 tennis racquet.

A play test pitting 16 tennis racquet against 16 tennis racquet.

A play test pitting 16 tennis racquet against 16 tennis racquet.

A play test pitting 16 tennis racquet against 16 tennis racquet.

A play test pitting 16 tennis racquet against 16 tennis racquet.

A play test pitting 16 tennis racquet against 16 tennis racquet.

A play test pitting 16 tennis racquet against 16 tennis racquet.

My love affair with powerlifting

meeting the man (and woman) behind the Philippines' most powerful lifter.

Why powerlifting? I have been doing it since I was a kid. It's a great way to stay fit and healthy.

Why powerlifting? I have been doing it since I was a kid. It's a great way to stay fit and healthy.

Why powerlifting? I have been doing it since I was a kid. It's a great way to stay fit and healthy.

Why powerlifting? I have been doing it since I was a kid. It's a great way to stay fit and healthy.

Why powerlifting? I have been doing it since I was a kid. It's a great way to stay fit and healthy.

Why powerlifting? I have been doing it since I was a kid. It's a great way to stay fit and healthy.

Why powerlifting? I have been doing it since I was a kid. It's a great way to stay fit and healthy.

Why powerlifting? I have been doing it since I was a kid. It's a great way to stay fit and healthy.

Why powerlifting? I have been doing it since I was a kid. It's a great way to stay fit and healthy.

Why powerlifting? I have been doing it since I was a kid. It's a great way to stay fit and healthy.

Why powerlifting? I have been doing it since I was a kid. It's a great way to stay fit and healthy.

Why powerlifting? I have been doing it since I was a kid. It's a great way to stay fit and healthy.

Why powerlifting? I have been doing it since I was a kid. It's a great way to stay fit and healthy.

Why powerlifting? I have been doing it since I was a kid. It's a great way to stay fit and healthy.

Why powerlifting? I have been doing it since I was a kid. It's a great way to stay fit and healthy.

Why powerlifting? I have been doing it since I was a kid. It's a great way to stay fit and healthy.

Why powerlifting? I have been doing it since I was a kid. It's a great way to stay fit and healthy.



NATIONAL PRIDE: Earth Philippine (PR) another 1000

as he is looking at his banknotes. He is looking at his banknotes. He is looking at his banknotes. He is looking at his banknotes. He is looking at his banknotes.



SILVER medal

at. I started doing it. I started doing it. I started doing it. I started doing it. I started doing it.

at. I started doing it. I started doing it. I started doing it. I started doing it. I started doing it.

at. I started doing it. I started doing it. I started doing it. I started doing it. I started doing it.

From page 51

and well done! (laughs) and I lost them up with protein bar.

I tell you, this is not just a diet. It's a lifestyle. It's a lifestyle.

I tell you, this is not just a diet. It's a lifestyle. It's a lifestyle.

I tell you, this is not just a diet. It's a lifestyle. It's a lifestyle.

I tell you, this is not just a diet. It's a lifestyle. It's a lifestyle.

I tell you, this is not just a diet. It's a lifestyle. It's a lifestyle.

I tell you, this is not just a diet. It's a lifestyle. It's a lifestyle.

I tell you, this is not just a diet. It's a lifestyle. It's a lifestyle.

I tell you, this is not just a diet. It's a lifestyle. It's a lifestyle.

I tell you, this is not just a diet. It's a lifestyle. It's a lifestyle.

I tell you, this is not just a diet. It's a lifestyle. It's a lifestyle.

I tell you, this is not just a diet. It's a lifestyle. It's a lifestyle.

I tell you, this is not just a diet. It's a lifestyle. It's a lifestyle.

I tell you, this is not just a diet. It's a lifestyle. It's a lifestyle.

I tell you, this is not just a diet. It's a lifestyle. It's a lifestyle.

I tell you, this is not just a diet. It's a lifestyle. It's a lifestyle.

I tell you, this is not just a diet. It's a lifestyle. It's a lifestyle.

I tell you, this is not just a diet. It's a lifestyle. It's a lifestyle.

weight class.

Today would be different. I told myself. I told myself.

Today would be different. I told myself. I told myself.

Today would be different. I told myself. I told myself.

Today would be different. I told myself. I told myself.

Today would be different. I told myself. I told myself.

Today would be different. I told myself. I told myself.

Today would be different. I told myself. I told myself.

Today would be different. I told myself. I told myself.

Today would be different. I told myself. I told myself.

Today would be different. I told myself. I told myself.

Today would be different. I told myself. I told myself.

Today would be different. I told myself. I told myself.

Today would be different. I told myself. I told myself.

Today would be different. I told myself. I told myself.

Today would be different. I told myself. I told myself.

Today would be different. I told myself. I told myself.

Today would be different. I told myself. I told myself.

ENTERTAINMENT

Editor: Ernesto C. Velasco

Where there's a will, there's a way! (PHILIPPINE DAILY INQUIRER) For more news, visit our website at www.philippine-daily-inquirer.com

E-mail: entertainment@philippine-daily-inquirer.com Website: www.philippine-daily-inquirer.com



JERICHO
Rosales
leads
audience
expectations.

TAKE
FIVE

10 Cinemalaya '09 finalists picked

THE FINALISTS IN THE FULL LENGTH
Feature category of the Cinemalaya

Independent Film Festival and Competition 2009 have been announced by the Cinemalaya Foundation.

They are: "JAG" by Ana Aquino, "Ang Sining" (The Victory) by Vic Arzobillo Jr., "Ang Pangangailangan ko" by Alvin B. Sison, "Tung (My Rainy Day)" by G.R. Ramirez, "Gloria" by Jay Lacor, "Kulig"

by Mike E. Sanchez, "Engkanto" by Pepi Toledo, "Last Supper So I" by Gerardo Velasco and Zindy Lacer, "Singsing" (The Blood Shed)" by Jerald Tang, and "Sanghar" by R. Sison.

These feature films will receive an initial seed investment of P100,000 from Cinemalaya Investments. The winning entry will get an additional grant of P200,000, plus the Cinemalaya trophy during the awarding ceremony on July 25 at the Cultural Center of the Philippines. All the films will be screened during the 2009 Cinemalaya Festival, July 27-28, at the CCP.

DID YOU KNOW...
In its 10th year, the Cinemalaya Competition and Festival is a project of the Cinemalaya Foundation, CCP, Cinemalaya Investments, Inc. and the Film Development Council of the Philippines.

The all-around film festival, competition and festival the cinematic works of Filipino filmmakers that is to inspire and motivate the Filipino experience with local insight and artistic integrity.

Founded in the select category, Short Feature, will be announced in May.

more info, visit the Film Development Council of the Philippines.

The all-around film festival, competition and festival the cinematic works of Filipino filmmakers that is to inspire and motivate the Filipino experience with local insight and artistic integrity.

Founded in the select category, Short Feature, will be announced in May.

**Who topped the president?
And why?**

By: [Name] [Address] [City] [State] [Zip]

**What went wrong
with my school?
What can be done now?**

By: [Name] [Address] [City] [State] [Zip]

**Where did the
soldiers' money go?**

By: [Name] [Address] [City] [State] [Zip]

**Do I have a shot
at the truth?**

By: [Name] [Address] [City] [State] [Zip]

This actor's prime goal

By: [Name]

I WILL NEVER MAKE a movie that merely entertains viewers. I want to be known for acting in meaningful films," declared Jericho Rosales, lead actor in the historical/romantic film "Ruler," which won 10 awards at the Metro Manila Film Festival, including Best Picture.

He also portrays the role of a half-Filipino and half-Spanish soldier fighting for the Spanish flag, the character, Crispin, falls in love with Felisa (Anne Curtis), daughter of a Filipino rebel leader (Philip Rodriguez).

Jericho says his next girlfriend will have to be understanding... and extremely patient.

"Ruler" features a much talked-about love scene between Jericho and Anne, a portion of which is included in the movie's trailer. Jericho says the director said it was the most difficult scene to shoot. "Before we did it, we prepared a story board for it, similar to what production people do for TV commercials," Jericho says. "We didn't want 'Ruler' to look like a sex movie. That's why we placed a lot of effort on such a short and intense scene."

Jericho and Anne also discussed with him and Anne why they had to be so close. "The aim is to make sure that the viewers know we're not just actors, we're human beings who love each other, we're together," Jericho explained. "I will not show my body just because I want to look sexy on screen. I want all my films to have a good and lasting impact on viewers."

Is Ruler because of your next-best friend?

That's partly the reason. More so, because I have a responsibility to the people who support me. I started this thing in the industry because people want to see. I want to be a good role model to them. As a role model, I want to show the respect of my audience and producers. I want them to see that as an actor, my job is to entertain.

Does Ruler mean your roles will never be more daring than this?

It depends on the script and the director. Anne also has the same concern when it comes to things like this.



**If every little counts,
what are you doing
the rest of your life?**

By: [Name] [Address] [City] [State] [Zip]

**Can laughter and serious
thinking go together?**

By: [Name] [Address] [City] [State] [Zip]

**How fast, how fast
is your life?**

By: [Name] [Address] [City] [State] [Zip]

**How can business do well
by doing good?**

By: [Name] [Address] [City] [State] [Zip]

During to ask has its rewards. That's why past award years, our reporters, writers and photographers have been recognized by the most prestigious journalistic groups.

PHILIPPINE DAILY
INQUIRER

Dare to ask. Be an Inquirer.

